One Shakti - Yoga Group Classes
Autumn 2026

Time /Dates	Fees	Area/Venue	Level	Instructor
SUNDAY				
9.00 - 10.30 **6 Sep - 6 Dec (13 wks)** (ex 8 Nov)	£182	Online	General Yoga	Manish@oneshakti.co.uk
MONDAY				
9.30 - 10.45 **7 Sep - 7 Dec (13 wks)** (ex 9 Nov)	£182	Edgware - Watling Community Centre	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
11.30 - 13.00 **7 Sep - 7 Dec (13 wks)** (ex 9 Nov)	£195	Hartspring Lane Community Centre	General Yoga	Manish@oneshakti.co.uk
WEDNESDAY				
19.00 - 20.30 **2 Sep - 2 Dec (14 wks)**	£210	Edgware - Watling Community Centre	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
20.30 - 22.00 **2 Sep - 2 Dec (14 wks)**	£210	Edgware - Watling Community Centre	Intermediate/ Advanced Yoga	Manish@oneshakti.co.uk
FRIDAY				
9.00 - 10.30 **4 Sep - 4 Dec (14 wks)**	£196	Online	General Yoga	Manish@oneshakti.co.uk
SATURDAY				
8.00 - 9.30 **5 Sep - 5 Dec (14 wks)**	£210	Edgware - Watling Community Centre	General Yoga	Manish@oneshakti.co.uk

Terms of Enrolment:

1. The instructors and One Shakti group will not bear any responsibility for any personal loss, damage or injuries during the enrolled One Shakti Yoga programme(s). One Shakti as a group does not accept any liability.
2. Any health issues, please ensure your GP has agreed for you to undertake yoga practice or you accept full personal responsibility to participate
3. Fees paid will be for the specific programme that you enrol for. You can make up for any missed class by attending an alternative class during the term. Please note that fees for any missed classes cannot be reimbursed, transferred or carried forward to another term
4. Programme organiser has the discretion to change the programme dates in case of need or personal situation changes; and will offer an alternative session in lieu or reimburse the participant for any loss of the booked sessions

Live Classes:

5. Live classes will only go ahead if minimum number of participants have enrolled for the full programme
6. For drop-in or details about any specific class, any enquiries, please contact **Manish@oneshakti.co.uk**
7. Venue Addresses:
   - Watling Community Centre (Memorial Hall), 145 Orange Hill Rd, Edgware, Middlesex HA8 0TR
   - Hartspring Lane Community Centre, 336 Park Avenue, Bushey, Herts WD23 2BJ

Online Classes:

8. Online classes will only go ahead if minimum number of participants have enrolled for the full programme
9. These sessions are offered online using Zoom App. Participant is responsible for their personal technical set-up. For any unforeseen technical issues at the organiser's end, the organiser will be do his utmost to reconvene the session at the earliest
10. Ensure you have enough space to do yoga and in a safe way
11. Personal guidance will not be provided for these online classes. So important that you apply awareness in what you do and not to be compelled to do everything